

YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA Swim Team program

The Ocean Community YMCA Mystic Hammerhead Swim Team is a great program for children ages 5-18. Swimmers should be able to comfortably swim one length of the pool freestyle and backstroke.

Children needing extra stroke work may be asked to join the YMCA Progressive swim lessons program in order to continue with the Hammerhead swim team. YMCA programs strive to develop a healthy spirit, mind, and body for all those who participate. We will help your children to reach their full potential both as swimmers and as individuals. Your responsibility to the Swim Team, the swimmers, and the YMCA is to actively participate in the program.

Volunteering

Parent support and involvement is vital to the success of the swim team. The swim team program would not be possible without significant parental involvement. We depend on the support and participation of 100% of the parents to make this program an excellent experience for our children. The swim team experience for all swimmers and swim team families will be enhanced greatly if everybody gets involved. Swim meets are run completely by parent volunteers and most jobs do not require any special skills or training. Parent participation is absolutely necessary to organize and host successful meets. Due to swimming being a labor intensive sport and the size of our swim team, we are requesting that each family volunteer in varying capacities at a minimum of two home meets and two away meets during the current season. In order for each home meet to be a positive and successful experience, it is essential to have a minimum of 30 parent volunteers on hand. Away meets require a minimum of 12 parent volunteers. You can volunteer in any of the following areas listed below, but not limited to:

- Timers and Officials (Training Dates TBA)
- Concession stand during home meets
- Meet scoring
- Set-up and clean-up of meets
- Help on deck for practices
- Fundraising & Event Planning
- Swim Team photographer
- Web site coordinator
- Award and Ribbon coordinator
- Locker Room Monitors
- Herders
- Hand Markers

Fundraising

The Swim Team Parent Board has identified the need to raise additional funds throughout the season to help subsidize meet costs, awards, banquet and other special events for our swimmers throughout the season. The Swim Team Parents Board welcomes your ideas and participation.

Practice Attendance

You will be notified by either email or phone in case of any weather cancellations at the Mystic Branch or pool issues. You may contact the Mystic Branch at anytime for practice information at (860) 536-3575.

- Swimmers are expected to attend their practices as scheduled during their age-designated time.
- Although occasional conflicts occur, try to make each practice. Try not to miss two workouts in a row.
- If you have a weekly conflict, please speak with the coach.
- If you will miss a number of practices due to a vacation, let the coach know ahead of time, and you will be provided workouts to do on your own.
- If you are recovering from illness or injury please talk to the coach, you may be able to do a modified workout.
- If a swimmer wants additional workouts to do on their own, in the morning, or at other times, the coach will be happy to provide guidance.
- Only swimmers who have prior coach approval may swim up in the older practice times.
- Please make sure that your child is picked up and dropped off on time.
- All swimmers 11 years of age and younger must be accompanied by an adult at all times. Swimmers must be escorted to and from the pool at all practices, meets and all other events.

Equipment

We recommend a good quality practice suit, swim cap(s), a pair of goggles, fins, and a water bottle. Swimmers should also come to practice prepared for dry land training when told by coaches. They should bring sneakers, shorts, and a t-shirt that can be worn over their suits. Having extra suits, caps, and goggles is always good in case one breaks. **A team swimsuit is required for all swimmers to show team unity and spirit at the meets. We encourage that each swimmer have a hammerhead team swim cap, t-shirt and or sweatshirt, so that we look like a unified team at all swim meets. Information regarding ordering of apparel will be available once practices begin.** Be sure to talk to the coach if you have questions about the equipment your child will need.

YMCA Dual Meets

Everyone on our team competes in a series of dual meets with other YMCA teams. The dual meets are almost always on Saturday afternoons; however, some may be held on Sunday afternoons. Your coach will provide you with specific arrival and warm-up times for each meet. **Your child's attendance is very important, not only to your child, but; also to the other children on the team.** If you must miss a meet, please notify the coach by the Wednesday before the meet (last minute situations need to be brought to the coaches attention as soon as possible). Parents are responsible for the transportation of their child during swim meets. When attending a swim meet the following items are needed: team suit, towel, sandals/flip flops, goggles, sweatshirt, snacks, water, and any money you might want for the concession stand.

YMCA Members

All YMCA Hammerhead team members are required to maintain active YMCA memberships throughout the length of the season. All swimmers must present their YMCA membership card each day upon entering the facility. Please help children to remember their cards by attaching them to their gym bag.

Organization of Swim Team

Swim Team Parent Board

The Swim Team Parent Board consists of volunteer parents who are committed to providing key leadership for the team. These individuals dedicate a tremendous amount of time and effort to the smooth operation of our team. They will solicit the help of other parents throughout the season to help with meets, fundraisers, and social events. These parents are also the ones who meet with the Aquatics Director, Branch Director and Head Coach to discuss the needs of the swim team. Please contact the Aquatics Director with any concerns and/or feedback.

Volunteers

Many volunteers are required at each practice, meets and events. Our coaching staff and other experienced parents will offer on going training sessions for all parents who will be on deck and hands on throughout the season. This will provide our swimmers with additional instruction and guidance. Parents are expected to actively participate. Please say “yes” when asked to participate. Please dress appropriately for it is an indoor pool. Each family is responsible to volunteer at a minimum of two home meets and two away meets. Each practice will also require four parent volunteers. It is expected that practice participation be rotated amongst our families.

Swimmers

The swimmers are expected to swim a certain amount of hours to compete. They must meet the minimum practice times. The coaches and volunteers are here to help your child achieve the most out of their time here, and to have a great experience at the YMCA.

Ages: 13 years & Up – suggest attending 5 practices a week.

Ages: 11 to 12 years – suggest attending 4 or 5 practices a week.

Ages: 9 to 10 years – suggest attending 3 or 4 practices a week.

Ages: 8 years & under – suggest attending 2 or 3 practices a week.

Ages 5yrs –9yrs

Monday	4:30pm - 5:30pm
Wednesday	4:30pm - 5:30pm
Friday	4:30pm - 5:30pm

Ages 10yrs – 18yrs

Monday	5:30pm - 7:30pm
Tuesday	6:30pm - 8:30pm
Wednesday	5:30pm - 7:30pm
Thursday	6:30pm - 8:30pm
Friday	5:30pm - 7:30pm
Saturday	7:00am - 8:30am

Saturday practice will stop when meets begin

Coach

The swim team coach will insure that your child's swimming experience is positive and productive. The coach will lead the practices, prepare the meet line-ups, and provides leadership for the program.

Here are some tips from our veteran Hammerhead families:

- Check driving directions.
- Bring your own snack/food in case you don't like what is sold at the concession.
- Bring something to keep kids/adults busy as there will be long waits between events.
- Bring and us a lock at all times in the locker rooms.
- Advise kids to try to beat their own time first rather than focus on other swimmers' time or record to manage their expectation.
- Disqualifications will happen. Try to learn from your mistake by attending practice to work on corrections.
- Being on the swim team means that your child is expected to swim in every home and away meet.
- Get to home meets early to get a seat and help with the set up.
- Expect to be at meets most of the day
- First thing you need to do when you get to a meet is find a schedule of events (for sale at concession stand) It's important to know when your swimmer(s) will be swimming. It all happens fast and you don't want to miss it.
- First thing each swimmer needs to do is arrive on pool deck and locate age group posting. All swimmers will then be marked on their hand which includes events/lane number/heat information.
- Bring at least two towels for each swimmer. The kids dry off after each event.
- Become a timer or herder. It's a fun and easy way to get involved and you always have a front row seat when your child is swimming.
- Wear a short sleeve shirt and bring earplugs to meets. It can be really warm and loud.
- You will be amazed by the amount of support you and your child will get from the other parents and children.

Practices

- Eat at least half hour before the practice, bring water/Gatorade
- Pay attention to the coach and parent volunteers
- Shower quickly so others don't have to wait
- Don't horse around in the locker room
- Arrive early to all practices and meets
- Stock up on travel-sized shampoo

Special Note to first time team members

Please know that the team has a really positive attitude towards all its swimmers--it's one of our team's greatest strengths! Everyone is a special and valued part of our **TEAM!**

Communication

YMCA Staff

Branch Director: Dan Reeve – dreeve@oceancommunityymca.org

Aquatics Director: To Be Announced (860) 536-3575

Head Coach: Mike Smith – hammerheads0910@gmail.com

***Please notify the Coach if your child has any food allergies.**

Online Information

An email list will be generated for contact and important information purposes. Please speak with our Aquatics Director or Welcome Center to make sure all contact information is up to date.

Also available online is the Hammerhead Swim Team website at www.mystichammerheads.org. This site will have upcoming events, meets and email links to the coach, Parent Board members and YMCA Branch. There will also be a link on www.oceancommunityymca.org (The Ocean Community YMCA website).

Swim Team Bulletin Boards and Website

The bulletin boards are located on the pool deck and also outside the locker rooms. By checking the bulletins frequently you will receive updated information. Sign up sheets for volunteers, food concessions, herders and other important roles are located on the bulletin board directly outside of the locker rooms. Please make sure to review these boards and website once a week.

Swimmers Code of Conduct

I hereby pledge to provide positive support and encouragement for all members of the YMCA Hammerhead Swim Team by following this code of conduct.

I Agree to:

1. Adhere to YMCA governing rules, regulations, policies and procedures.
2. Adhere to the drug, alcohol and tobacco free environment as prescribed by the YMCA policies.
3. Treat everyone, team members, coaches, officials, YMCA employees, parents and other fans with respect. Profanity, inappropriate jokes, language, actions and gestures are prohibited, and may result in suspension or dismissal from the team.
4. Arrive at practice ready to participate at the specified time and maintain a consistent training schedule.
5. Attend all swim meets for which I am scheduled.
6. Communicate all practice and meet conflicts to the coach well in advance.
7. Always act as positive representative of the YMCA with good sportsmanship and behavior.
8. Recognize the value and importance of TEAMWORK.
9. Develop an understanding of basic teamwork through participation in a variety of activities and adapted practice and meet situations.
10. Treat officials as honest in their intentions and accept official's decisions without becoming angry.
11. Understand that winning is desirable, but winning at any costs defeats the purpose of the sport.
12. Set personal goals such as improving technique and beating my best times.
13. Understand that in swimming, as in life, I should treat others, as I would like to be treated.
14. Respect the Coaches, the YMCA and the decisions they make on our behalf.

I UNDERSTAND THAT A VIOLATION OF THIS CODE OF CONDUCT OR ANY ACTION THAT IS DETRIMENTAL TO THE YMCA HAMMERHEADS MAY RESULT IN DISCIPLINARY ACTION BY THE COACHES, YMCA STAFF OR PARENTS. THIS MAY RESULT IN EITHER SUSPENSION OR TERMINATION AS DEEMED NECESSARY. IN THE EVENT THAT A VIOLATION OF THIS NATURE OCCURS THE PARENTS WILL BE NOTIFIED IMMEDIATELY.

Swimmer's Signature: _____ Date: _____

Printed Name: _____

Swimmer's Email: _____

Parent's Signature: _____ Date: _____

2011-2012

Parents Code of Conduct

I hereby pledge to provide positive support and encouragement for all members of the YMCA Hammerhead Swim Team by following this code of conduct.

I Agree to:

1. Not impose our ambitions on the swimmers.
2. Be supportive of our swimmers as well as other teams we compete against.
3. Not coach our swimmers from the bleachers. We ask that parents do not interrupt their child's practice, contradicting what the coach is working on. Only exception would be a parent volunteer coach.
4. Applaud and cheer while only having positive things to say at practices and meets.
5. Not criticize the officials. Direct any question about official calls or judgments to the Head Coach.
6. Always follow the golden rule "treat others as you wish to be treated".
7. Communicate all practice and meet conflicts to the coach well in advance.
8. Arrive before practice begins, leave enough time for the swimmer to get changed and be on deck ready to swim at start time. We suggest arriving 15 minutes prior to practice start time.
9. Notify the Coach in advance if our swimmer(s) need to miss a practice or leave early.
10. Volunteer for the required amount of meets, practices and events.

Parent's Signature: _____ Date: _____

Printed Name: _____

Email: _____

Thank you in advance for your cooperation!
Mystic YMCA Hammerhead Swim Team Staff and Parent Board.

2011-2012

Ocean Community YMCA

**Mystic Hammerheads
Swim Team**



**2011 - 2012
Handbook**